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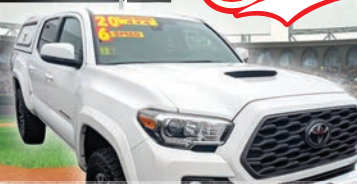
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TABLE OF CONTENTS

8	California Outdoors Q&A	16	Love at First Taste
10	5 Tips to Safely Celebrate Halloween with Your Pets	18	Nutritious Fall Meals
12	Tips to Complete Outdoor Chores with Vigor as You Age	21	Put Kitchen Scraps and Landscape Trimmings to Work in the Garden
14	Providing Better Care to Loved Ones with Diabetes	22	Calendar of Events
		30	Sudoku
		31	Home Country
		31	Crossword

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Junior Hunting License

Q: My grandson is a junior hunting license holder who turned 16 years old in August. Does he need an adult hunting license for the 2021-22 season or can he still hunt with his junior license for this year?

A: First, thanks for being an awesome mentor to your grandson. We think some of the most treasured memories and greatest bonding moments between generations of family are in the duck blind, in the field while hunting big game, in a boat fishing, etc. Good news: Your grandson is still eligible for his discounted Junior Hunting License because he was 15 years old at the beginning of the 2021-22 license year on July 1. However, now that he has turned 16 years old, if he wants to go waterfowl hunting, he'll need to purchase a federal duck stamp. Federal law requires it – specifically, California Code of Regulations (CCR), Title 14, section 509, which deals with concurrence with federal law. CCR, Title 14, section 509(c) states: It shall be unlawful for any person aged 16 years or older to take any migratory waterfowl unless at the time of such taking the person carries in his or her immediate possession an unexpired federal migratory bird hunting and conservation stamp validated by his or her

signature written in ink across the face of the stamp or an unexpired federal migratory bird hunting and conservation electronic stamp issued in his or her name prior to any taking of such birds.

As a junior hunting license holder, he will not need a California Waterfowl Stamp, in case you didn't know. The California Fish and Game Commission adopted the regulation to not require hunters who possess a junior license to also purchase a California Duck Stamp for consistency and to give our junior license holders that extra break.

Also, he is still eligible for all the youth hunts, apprentice hunts and junior hunts this season – so we hope you take advantage of some of those great opportunities. For young waterfowlers, the Youth Waterfowl Hunting Days, Feb. 6-7 in the Balance of the State Zone, is a special opportunity you don't want to miss. Enjoy hunting with your grandson!

Managing Deer Populations

Q: What is the California Department of Fish and Wildlife's (CDFW) role in managing deer populations on public lands?

A: CDFW's role in managing deer and other hunted species across California

includes population monitoring, movement monitoring (i.e. migration corridors and habitat linkages), administering appropriate levels of hunter take and enhancing habitat.

Public land makes up about 48 percent of the state's deer habitat, with most of it being federal land administered by the U.S. Forest Service and U.S. Bureau of Land Management. Since CDFW owns and directly manages less than one percent of the state's deer habitat, CDFW collaborates with federal and state agencies, private landowners, non-governmental organizations and other stakeholders on land management projects that improve deer and other wildlife habitat. Over the last six years, CDFW has awarded over \$2.1 million through its Big Game Grant Program to non-profit groups (such as California Deer Association, Mendocino County Blacktail Association and Mule Deer Foundation) for habitat enhancement projects on California's public lands.

Geoduck Clamming

Q: I'd like to know the rules for catching geoduck clams at Dillon Beach in Marin County. Can I use a hand pump to catch them, or do I have to dig them out by shovel?

A: Since March 2021, you can no longer use hydraulic pumps to extract clams. While you must dig for them by hand, you can use certain devices to help, including suction devices commonly known as slurp guns or clam guns. California Code of Regulations (CCR), Title 14, section 29.20(c) makes it unlawful to possess any hydraulic devices, or other device, capable of liquifying sand to aid in the harvest of clams anywhere clams may be taken. CCR, Title 14, section 29.20(c) states the following:

(c) Gear restrictions. It shall be unlawful to use anything other than the following hand-operated devices to take clams: spades, shovels, hoes, forks, rakes, devices that use suction to remove clams commonly known as slurp guns or clam guns, or rigid pipes used to prevent the collapse of holes when digging for clams. It shall be unlawful to use any other device to take clams, including any hydraulic devices. It shall be unlawful to possess a hydraulic pump, or other device, capable of liquifying sand to aid in the harvest of clams anywhere clams may be taken. It shall be unlawful to possess any such unauthorized device, except in their permanent residence, concurrently with any clam. No instrument capable of being used to dig clams may be possessed between one-half hour after sunset and one-half hour before sunrise, on any beach of this state, except tools and implements used in the work of cleaning, repairing or maintaining such beach when possessed by a person authorized by appropriate authority to perform such work.

More information about invertebrate fishing regulations can be found at www.wildlife.ca.gov/Fishing/Ocean/Regulations/Sport-Fishing/Invertebrate-Fishing-Regs. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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5 Tips to Safely Celebrate Halloween with Your Pets



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(FAMILY FEATURES) Whether heading to a party, celebrating on social media or greeting little ghouls and goblins at home, getting the entire family — including the four-legged family members — involved in the Halloween festivities can be the biggest treat of all. However, it's important to take some precautions to avoid spooking your

pets, particularly if you'll be dressing them for the occasion.

In addition to keeping your pets out of the candy bowl and tempering their excitement during all the hustle and bustle, keep these tips from PetSmart's resident veterinarian and pet care expert, Dr. Jennifer Freeman, DVM, in mind to ensure your pets are comfort-

able in their costumes so they're able to celebrate stress-free.

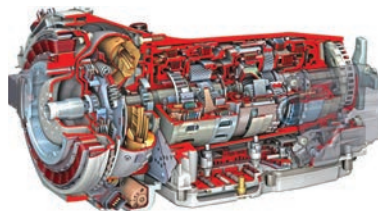
Take baby steps. Start by trying a simple accessory, like a bandana, on your pets. See if they allow this and will walk around with it on for a few minutes. Not all pets like wearing clothes and some may become stressed or agitated while wearing a costume.

Whatever you drive, we've got you covered!

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Owner: Roger Johnson
RogersTrans.com

However, many just need a little coaxing and positive reinforcement, such as praise and a treat.

Reward with something tasty. After you put the apparel or costume on your pets, reward them with their favorite treat to create a positive association between wearing the costume and getting a treat.

Ensure the costume is safe. Once you know your pets are comfortable in a costume, it's important to ensure the outfit allows them to walk, bark, meow and see without difficulty. Additionally,

if your pets can easily trip over their legs, try another type of clothing. Make sure there aren't any accessories attached that may be easy for them to chew on or swallow.

Consider the weather. Pets can overheat easily, so ensure their clothing is not too bulky or heavy if it is warm on Halloween. Watch for elastic features around the paw area that may be restrictive and be certain there is enough room around the widest area of the chest to allow for proper air flow and ventilation.

Keep an eye on body language.

Pets often communicate through body language and their behavior may let you know if they're stressed or uncomfortable. Pay extra attention to your costumed pets' body language while attending parties or events and watch for signs of discomfort such as pacing, hiding or refusing to move.

For more tips and tricks for keeping your pets safe this Halloween, as well as ideas for seasonal costumes, toys and treats, visit PetSmart.com.



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**Veteran
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Stock your toolshed with ergonomic items created to make your life easier.
© iStock via Getty Images Plus

Tips to Complete Outdoor Chores with Vigor as You Age

(STATEPOINT) When it comes to healthy, active aging, it's all about making simple adaptations. This is especially true of outdoor chores, which can put a strain

on wrists and hands.

Here are three simple tips to help you tackle your tasks -- and maintain your favorite hobbies -- with vigor as you age:

Go Low-Maintenance

A few smart landscaping choices can make maintaining your home's curb appeal much easier to manage. For example, by selecting native plant species, your lawn and garden will more easily thrive with less intervention from you. You can also eliminate some upkeep by using groundcover plants in certain places instead of grass, or by landscaping with succulents that require minimal watering or even with decorative stones.

Seek Out Ergonomic Tools

Stock your toolshed with items created to make your life easier. Fortunately, some product manufacturers understand the needs of older adults and are designing products accordingly. For example, Scepter SmartControl fuel containers are operated with a squeezing action, making them much easier to

Silver 2019 Nissan Sentra SR
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White 2014 Ford Focus
All electric only, 2K miles, \$8,495
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use than other types of fuel containers, which require twisting a spout or holding down a button.

"We should never count seniors as 'down and out' from life's activities. Instead, they're continuing to thrive at home, as well as fueling their passions of boating, motorcycling, jet skiing and other activities," says Daniel Marshall, vice president of marketing and business development with Scepter. "That's why we designed SmartControl containers to be ergonomically comfortable for everyone."

Available in 1-, 2- and 5-gallon sizes, SmartControl containers are a smart and safe option for easy fuel-ups. The 5-gallon gas container also comes with a molded-in rear handle for easy balancing and operation.

For those especially active seniors tackling large fuel fill-ups, Scepter makes a rugged 14-gallon wheeled unit ideal for safely fueling gas-powered tools, boats, snowmobiles, tractors, jet skis and ATVs. Visit www.scepter.com for more information.

Stretch, Strengthen and Rest

As with any exercise that puts strain on a particular area of the body, while doing outdoor chores it's important to both know your limitations and to take steps to keep yourself healthy. Yoga and stretching exercises that target your hands and wrists can improve mobility and boost strength, aiding in injury prevention. And remember, it's okay to stop for breaks or to divide your chores up over multiple days.

By making a few tweaks to your outdoor chore routine -- including seeking out products designed to be easy on hands and wrists -- healthy aging and an active lifestyle can go hand-in-hand. ♦



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Kreations Auto Body is opening
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Kreations Auto Body is a fast paced, high quality oriented, and highly motivated company to work for. Our shops are Gold Class Certified and continually looking to advance our capabilities as we build up and train our employees to stay ahead of the technology behind today's modern vehicles.

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Sponsorship through the Police Academy includes hourly pay, medical benefits upon sponsorship, Academy expenses and equipment paid for and provided. Upon graduation, promotion to a full-time, fully benefitted Arcata Police Officer position. APD selects Sponsorships for students currently enrolled but not yet attending, those considering enrolling, or applicants already attending a P.O.S.T. approved Academy.

Non-Sponsorship applicants should possess valid P.O.S.T. Certification verifying successful completion of a P.O.S.T. approved Police Academy or possess a valid P.O.S.T. Recertification Certificate.

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HEALTHY LIVING



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Providing Better Care to Loved Ones with Diabetes

(STATEPOINT) MORE than 34 million Americans are living with diabetes, according to the Centers for Disease Control and Prevention, and 90-95 percent of those diagnosed have Type 2 diabetes. With many Americans having deferred medical care since the start of the pandemic, delayed or overdue diabetes diagnoses are expected in the coming months. Experts encourage those living with diabetes and their loved ones to navigate the disease head-on and with confidence.

"Instructions given to those with a new diabetes diagnosis at the hospital are often one-size-fits-all and can feel rigid, so it's fairly typical for a diagnosis to be met with some resistance or even denial at first," says Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation's leading franchise network of home healthcare, personal care, healthcare staffing, and hospice services.

As Sheets explains, a holistic, personalized approach to diabetes care can lessen symptoms while improving the quality of life for the individual impacted — and their loved ones, and new resources can help your family find its footing.

One such resource is "Caring for a Loved One with Diabetes," a new guide from Interim HealthCare Inc. The latest offering in its HomeLife Enrichment series, the guide equips families with tools to care for the whole individual, not just

one facet of diabetes management, including mind, body, and spirit, as well as the family dimension. According to Interim HealthCare Inc., this wide-angle approach can lead to more compassionate care, improved health and a positive outlook amid health challenges.

Sheets also suggests that families consider professional home-based care, which can serve not only as an educational extension of the doctor's office, but an opportunity to tailor care in a personal way that makes sense to the patient.

"Making the lifestyle changes recommended by a physician after a diabetes diagnosis can be overwhelming," explains Sheets. "By extending the education provided by a physician into a 'real-life' setting, home health clinicians and paraprofessionals get a total view of the patient to tailor a realistic and effective care plan."

In the case of Interim HealthCare, which is anchored by more than 25 years in diabetic chronic care, its proprietary training programs enable home health clinicians and paraprofessionals to provide valuable education and assistance in familiar surroundings — at home or in assisted living communities. This intimate, unedited view into an individual's daily life results in care plans accounting for a patient's specific needs, personal motivations and unspoken obstacles, for improved health management and ideally, a

more rewarding and better quality of life.

"Patients are often more comfortable sharing with a home-based health professional than their doctor what their actual habits are. Whether it's the occasional drink or consumption of food with lesser nutritional value, once a clinician knows what their patient is truly dealing with, they can help the patient make practical adjustments that can become part of everyday life and with that confidence, kickstart a new understanding and better management of their diabetes," says Sheets.

To download the free diabetes caregiver guide, now also available in Spanish, visit info.interimhealthcare.com/diabetes-guide. To learn more about Interim HealthCare's diabetes care program, contact a locally owned and operated office. Access the office locator at interimhealthcare.com/locations.

"With knowledge and the power that unique home-centered care provides, living well with diabetes is absolutely possible," says Sheets. ♦

THE CITY OF
EUREKA
POLICE DEPARTMENT

**COMMUNITY
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\$2,887-\$3,509/mo (\$34,644-\$42,110/yr)
Plus Excellent Benefits

Salary will increase to \$2,975-\$3,616/mo
(\$35,697-\$43,389/yr) in 2022 with additional
increases of 5% in 2023 and 2024.

This position performs a wide variety of complex activities in administering non-sworn police support services and programs to provide support to patrol units and community members.

A combination of education and experience equivalent to an Associate's Degree in Criminal Justice or a closely related field and two (2) years of related administrative support is desired. This position may be assigned evening and/or weekend shifts.

For more information regarding qualifications and to apply online go to www.ci.eureka.ca.gov. EOE

We will be accepting applications until
5 pm on Friday, October 29, 2021.



City of Arcata

FACILITIES MAINTENANCE TECHNICIAN

\$40,489 – \$50,446/yr. plus benefits

Filing deadline: 4pm Friday, October 29, 2021

The Facilities Maintenance Technician is responsible for ensuring the City's Foodworks commercial culinary rental facility meets safety, appearance and operational requirements. The position will also perform administrative and support functions related to tenant lease agreements and payments. Ability to work independently is a must.

Visit www.cityofarcata.org/Jobs for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE



City of Arcata

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UTILITIES** \$35,211 - \$50,951

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This is the entry-level class in the Streets/Utilities maintenance worker series with the current assignment being in Utilities performing a wide variety of semi-skilled and skilled tasks related to the construction, maintenance, repair, installation and monitoring of utilities systems and infrastructure.

Visit: www.cityofarcata.org/Jobs for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.



**City of Trinidad Public Works/
Water System Director**

The City of Trinidad is accepting applications from qualified, experienced professionals to fill the Public Works/ Water System Director Position. Desired candidates must possess valid T3/ D1 certifications for water treatment and distribution. Serving as Chief Water Plant Operator and Director of Public Works, responsibilities include performing diverse, specialized, and complex work in water treatment and frequent interaction with the public. This is a full-time position, with a negotiable salary depending on qualifications. Visit www.trinidad.ca.gov for a complete job profile and description. The application review period begins October 30. Please contact the Trinidad City Clerk's office if you need additional information.



CITY OF FORTUNA

STREET MAINTENANCE WORKER I

\$14.00 - \$16.37/HR., PART TIME

Entry-level position to perform a wide variety of maintenance, repair, and construction of City streets and storm drains; to learn basic equipment operation assignments; and to do related work as required. Work assignments may include heavy physical and manual labor. Must be 18 and have valid CDL.

Complete job description and required application available at friendlyfortuna.com or City of Fortuna, 621 11th Street, (707) 725-7600.

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THE CITY OF
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POLICE DEPARTMENT

**POLICE CADET
(POLICE ACADEMY STUDENT)**

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****Salary will increase to \$3,080
- \$3,745 per month in 2022 with
another 5% increase in 2023.**

Upon successful completion of the Basic Police Academy, salary will increase to the range of \$4,660 to \$6,457 per month.

**Are you interested in pursuing a
career in law enforcement?**

The City of Eureka is seeking motivated and disciplined individuals to assume the role of Police Cadet and undergo training to become a Police Officer with the Eureka Police Department. If selected for this position, candidates will be sponsored to attend and complete the local POST approved Basic Police Academy. Cadets who successfully complete the academy will be promoted to Police Officer with EPD, provided that all necessary requirements are met at that time. For a complete job description and to apply, please visit our website at: www.ci.eureka.ca.gov.

Final filing date:

Friday, November 26th, 2021. EOE

THE CITY OF
EUREKA
PUBLIC WORKS

**ENGINEERING
TECHNICIAN I/II**

\$2,945 - \$4,158/Month

Plus Excellent Benefits

****Salary will increase to \$3,035 - \$4,284
per month in 2022 with an additional
increase of 5% in 2023 and again in 2024.**

Under supervision, performs a variety of specialized paraprofessional engineering field and office duties in support of professional engineering staff. Researches engineering topics and prepares basic engineering calculations; provides technical advice to the public; coordinates plan submittals; issues permits; maintains plan files and engineering records; prepares reports. For more information and to apply, visit our website at www.ci.eureka.ca.gov Recruitment closes at 5:00 p.m. on Friday, October 29th, 2021. EOE

HOME

Love at First Taste

Tips for introducing solid foods to your baby

(FAMILY FEATURES) Throughout a child's first years of life, there are several milestones for marking growth, development and progress toward maturity. As many parents can attest, few of those milestones are as messy, imperfect and joyful as those associated with a baby's first tastes of new foods and flavors.

The 2020-25 Dietary Guidelines for Americans recognize that from 6-24 months is a key age range for building healthy eating patterns with a variety of foods such as vegetables, fruits and whole grains. Starting solid foods, such as oatmeal or pureed vegetables and fruits, is the first step. However, beginning this journey can often bring parents additional stress as they question what and how much is right to feed their child.

Get your little one on the path to a lifetime of healthy eating habits with these tips from Dr. Whitney Casares, pediatric consultant for Gerber.

Let the journey begin

Check with your pediatrician before starting any solid foods. Most babies are ready for solid foods around 6 months, but it's important to not offer solids before 4 months.

Around the middle of the first year of life, it is important for your baby to get iron from the foods he or she eats, especially if breastfed. Iron-fortified baby cereal can help provide this important nutrient to support healthy growth and brain development.

Some signs your baby is ready for solid foods are when he or she has good head control, sits up with help or support, brings objects to his or her mouth and seems interested in food others are eating.

For the first attempts at feeding solids, pick a time of day when your baby is in good spirits, wide awake and mildly hungry. You can offer breastmilk or formula before solids, if necessary, so your child is not uncomfortably hungry.

Make sure your baby is sitting up and secured in a highchair. Use a soft, rubber-tipped spoon and start by guiding the spoon



© Photos courtesy of Getty Images

to your baby's mouth with both your hand and your child's hand on the spoon.

Introducing first tastes

Purees and infant cereal are wholesome and developmentally appropriate options for discovering solid foods and can help your baby discover a variety of flavors. Baby cereal is a good starting point for most babies because you can mix it with breastmilk or formula, and it is fortified with iron. This familiar taste can help your baby accept the new taste and texture of cereal.

While stage-appropriate purees can be made at home, another way to make your transition to solids easy is with an option like Gerber's My 1st Starter Kits that come with fruit and vegetable varieties making it simple for parents to introduce baby to high-quality, nutritious and appropriate foods.

Follow baby's lead

Your baby's first tries at swallowing solid foods may be awkward and will likely require practice. If food is rejected, offer a few more spoonfuls and gauge your child's response to decide whether to continue or try again another day.

Responsive feeding is an approach that helps set your baby up for healthy eating habits. Observing your child's reactions can help determine if he or she is adventurous or cautious, hungry or full. All of this can help you feed in a manner best suited for your baby. Look for cues your child is interested in eating more — smiling or reaching toward the spoon — as well as those that indicate fullness such as turning away, pushing the spoon away, leaning away from the spoon, shaking his or her head or spitting food out.

Alternatively, baby-led weaning emphasizes exploration — of tastes, textures, colors and smells — and encourages baby to self-feed whole pieces of food cut into strips or small pieces. Spoons can also be pre-loaded for him or her, and this approach also promotes the development of gross and fine motor skills, hand-eye coordination and chewing.

For more expert tips on introducing your baby to solids, visit Gerber.com. ♦

THE CITY OF
EUREKA

POLICE DEPARTMENT

ADMINISTRATIVE TECH. I/II

(Confidential) \$3,080-\$3,936/mo
(\$36,966-\$47,231/yr) Plus Excellent Benefits

Salary will increase to \$3,174-\$4,055/mo
(\$38,089-\$48,664/yr) in 2022 with additional
increases of 5% in January 2023 and 2024.

The City of Eureka is currently hiring for one
(1) full-time Administrative Technician I/II
position within our Police Department. This
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directly for the office of the Chief of Police.

This position provides a wide variety of
technical office administrative and secretarial
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to law enforcement administration; creates,
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performs related work as required. Admin.

Tech I/II is the advanced journey level/
highest level class in the administrative series.

For a complete job description and to
apply online, please visit our website
at www.ci.eureka.ca.gov. EOE

Final filing date is at
5 pm on Friday October 22, 2021.



ResolutionCare

Care Coordinator (Full Time)

ResolutionCare | A Vynca Company, is a fast-paced, entrepreneurial environment ideal for
candidates passionate about transforming the lives of individuals with serious illness. We are
actively looking for an experienced Care Coordinator who is compassionate, detail-oriented and has
excellent phone, communication, computer, and organizational skills to support our clinical team.

The ideal candidate has experience in a medical office or a closely related field. Great for
a person who enjoys multitasking, working quickly, and thrives in a team setting. This is a
full time (40 hours per week), permanent position with an excellent benefit package.

To apply, please review our website www.resolutioncare.com and then send a cover
letter and resume by e-mail to info@resolutioncare.com or fax it to (707) 440-8100.
Open until filled. Salary competitive and commensurate with experience.



ResolutionCare

Full-time RN position

Vynca is a fast-paced, fun entrepreneurial environment incredibly passionate about transforming
end-of-life care. With the integration of ResolutionCare services, we are actively looking for
registered nurses to provide patient-centered, home-based care for individuals with specialty
palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or
palliative care or a closely related field and effective communication, technology,
and time management skills. This is a full time (40 hrs/wk), permanent position
with an excellent benefit package. California licensure is required.

To apply, please review our website www.resolutioncare.com and then send a cover
letter and resume by e-mail to info@resolutioncare.com or fax it to (707) 440-8100.
Open until filled. Salary competitive and commensurate with experience.

THE CITY OF
EUREKA

COMMUNITY SERVICES

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The City of Eureka is looking for an
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various programs for our community.

A High School Diploma or equivalent
plus one year of experience working in
recreation programs and activities, is
required. May require a valid CLD. EOE

Apply online at www.ci.eureka.ca.gov.
We will be accepting applications until
5 pm on Friday, October 22, 2021.



ResolutionCare

Social Worker

We are actively looking for social workers to provide person-centered,
home-based care for individuals with specialty palliative care needs
via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice
or palliative care or a closely related field and effective communication,
technology, and time management skills. This is a full time (40 hours
per week), permanent position with an excellent benefit package.

To apply, please review our website www.resolutioncare.com and then send a cover
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Nutritious Fall Meals

(FAMILY FEATURES) With a return to busy fall routines, it can be challenging for many families to find the time to sit down at the table for nutritious meals.

Adding an option like Florida Orange Juice to your family's routine can help fuel them throughout the day. Whether drinking it on its own or by adding it to recipes like Grilled Turkey Club with Orange Juice-Infused Aioli or Orange Cream Smoothies, you can feel good about incorporating a beverage with essential vitamins and minerals, nutrients for immune system support and no added sugars.

Diet and nutritional benefits: Both nutritious and delicious, drinking 100 percent orange juice can increase fruit intake as well as provide key nutrients including vitamin C, potassium, folate, thiamin and magnesium, as well as vitamin D and calcium in fortified juice. Research has found children whose diets include orange juice tend to have healthier diets and higher levels of physical activity compared to those whose do not.

The American Academy of Pediatrics recommends limiting 100 percent fruit juice to no more than 4-6 ounces daily for children ages 2-6 and no more than 8 ounces for children ages 7 and older.

Immune support: 100 percent orange juice can help support the immune system by providing a variety of vitamins and minerals. For example, an 8-ounce glass of 100 percent orange juice is an excellent source of vitamin C, which helps protect cells and promote the production and function of immune cells. An 8-ounce serving of fortified 100 percent orange juice is a good source of vitamin D, which plays an important role in regulating immune response to help fight off bacteria and viruses that get into the body. Additionally, 100 percent orange juice has many beneficial plant compounds, flavonoids and colorful carotenoids, which work to support the immune system by fighting inflammation and helping cells communicate with each other.

No added sugar: Unlike many foods

and beverages that contain added sugars, the natural sugar in 100 percent orange juice comes with vitamins, minerals and antioxidants. In fact, a study published in "Frontiers in Nutrition" found children and adults who consumed 100 percent orange juice had lower intakes of added sugar compared to those who did not.

"Today, children are consuming fewer fruits and vegetables and missing out on key vitamins and minerals," said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. "Many children have inadequate intake of folate, riboflavin, thiamin, vitamin C, vitamin D, potassium, iron and zinc. This doesn't have to be the case. A glass of 100 percent orange juice is a convenient option, according to the Dietary Guidelines for Americans, that counts toward fruit intake and one I know children love. Parents should make sure to look for 100 percent orange juice on the container. This ensures you are serving a nutrient-dense beverage with no

added sugar.”

Visit floridajuice.com to find more nutritious recipes.

Grilled Turkey Club with Orange Juice-Infused Aioli

Orange Juice-Infused Aioli:

- 1 cup mayonnaise
- 1/2 cup Florida Orange Juice
- 2 tablespoons chopped parsley
- 2 cloves garlic, grated
- 2 teaspoons Dijon mustard

Turkey Club:

- 8 slices multi-grain bread
- 1 cup watercress
- 8 ounces thinly sliced smoked turkey
- 4 slices provolone cheese
- nonstick cooking spray

To make aioli: In small bowl, whisk mayonnaise, orange juice, parsley, garlic and Dijon mustard.

To make turkey club: Spread 2-3 teaspoons aioli on four bread slices. Spread watercress on top of aioli. Top watercress with turkey, cheese and remaining bread slices.

Spray grill pan, electric skillet or cast-iron skillet with nonstick cooking spray and warm over medium heat. When pan is hot, add sandwiches, cheese side down, and cook until bread is golden brown and cheese has melted, about 4 minutes. Gently flip and cook 2-3 minutes, or until bread is golden brown.

Serve with remaining aioli as dipping sauce.

Orange Cream Smoothies

- 1 1/2 cups Florida Orange Juice
- 2 cups ice
- 6 ounces non-fat vanilla Greek yogurt
- 1/2 cup vanilla almond or soy milk

In blender on medium speed, blend orange juice, ice, Greek yogurt and vanilla almond or soy milk until smooth and creamy.

Pour into two tall glasses. ♦

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Put Kitchen Scraps and Landscape Trimmings to Work in the Garden

by Melinda Myers

CONVERT LANDSCAPE and garden trimmings into valuable compost. Incorporate this soil amendment into garden soil to improve drainage in clay soil and increase water-holding ability in fast draining sandy soils. It also promotes healthy plant growth more resistant to insect and disease problems and keeps plant-based kitchen scraps and garden waste out of landfills.

Composting is as simple as placing disease- and insect-free plant debris into a pile and letting it rot. Don't add meat, dairy or fat that attracts rodents or weeds that have gone to seed, invasive plants or perennial weeds that can survive the compost process and end up back in the garden.

You can enclose the pile in a bin to keep the process neat, tidy, and out of sight. Some gardeners prefer tumbler composters for added ease when it comes to loading, unloading and turning the pile. Dual bin tumblers allow you to stockpile the raw materials in one bin while actively composting in the other.

Always check with your municipality first. Some have restrictions on the type of bins that are acceptable while others may offer them at a discount.

Start your pile in an accessible space hidden by nearby plantings, fences or decorative bins. Turn the pile frequently, moving the more decomposed materials in the center to the outside and less decomposed to the center.

Speed things up by mixing nitrogen and carbon rich plant debris, topping with soil or compost, and adding a bit of fertilizer. Including equal parts of nitrogen rich (green) materials like herbicide-free grass clippings, fruit wastes, vegetable clippings and manure with carbon rich (brown) cornstalks, evergreen needles, straw and fall leaves



Composting can be as simple as collecting disease- and insect-free plant debris, placing it in a pile and letting it rot. Photo credit Melinda Myers, LLC

will speed the process. But don't let this recipe prevent you from composting. All plant waste will eventually decompose, as weather, insects and micro-organisms digest the materials over time.

Start with an 8- to 10-inch layer of garden trimmings. Cover with an inch of soil or compost and sprinkle with fertilizer to help speed things along. Repeat until the pile is at least 3 feet tall and wide. Moisten the pile to a consistency of a damp sponge.

Turn the pile as time allows or frequently for faster results. Move the more decomposed materials from the center to the outside of the pile. It's a great work out and speeds up the decomposition.

The more effort you put into composting the sooner you will have rich organic matter for your garden. But even casu-

al composters end up with a wonderful amendment for the garden.

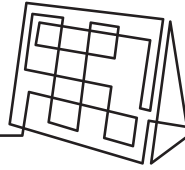
Compost is ready when it is brown and crumbly. Mix finished compost into potting mixes for containers, work it into garden beds or spread a 1-inch layer over the soil surface of perennial gardens every other year.

Start putting your landscape trimmings in a heap and watch the magic happen. ♦

Melinda Myers is the author of over 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.MelindaMyers.com.

Calendar

Oct. 19 - Nov. 2, 2021



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. First Monday of every month, 4-6 p.m. Virtual World, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Online. A live virtual open mic poetry reading on Zoom on the last Thursday of each month. Open to both teens and adults. Share poems in any form or style, or just listen. Registration is required. Contact Melissa at the Ukiah Library for the Zoom link: carrm@mendocinocounty.org. Free.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hK-GqEgJKj7.

Reading in Place - An Online Reading Group. Saturdays, 1 p.m. Virtual World, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDFDG7BJEP9.

Shelter n Play. Fridays, 6 p.m. Virtual World, Online. Public group on Facebook made up of locals. Open mic for all skill levels, all styles, everyone's welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

Speed and Grace Poetry Workshops. Thu., Oct. 21, 6-8 p.m. and Thu., Oct. 28,

6-8 p.m. Virtual World, Online. Word Humboldt offers this series of online poetry writing workshops connected with the PBS documentary series *Muhammad Ali*. Register at KEET.org/ali. Free.

The Writers Lounge via Zoom.

Thursdays, 7:30 p.m. Virtual World, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqUVYQowzekVnZkZoVIMzZz09.

LIFESTYLE & COMMUNITY

Community Housing Sessions. Tue., Oct. 26, 6 p.m. Virtual World, Online. Participate in an open dialogue on housing needs, issues and vision for the future of housing in Humboldt County, perspectives about housing opportunities, challenges, solutions and more. Via Zoom. Join at www.us02web.zoom.us/j/82323649248.

Dell'Arte's Virtual Macabre Cabaret. Sat., Oct. 23, 8 p.m. Virtual World, Online. Dell'Arte's alumni-led virtual adult macabre cabaret fundraiser. See www.dellarte.com for all the details. \$20 suggested donation, other donation packages available.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressemastered.com.

EPIC's Virtual Silent Auction. noon. Virtual World, Online. Bid on local getaways, arts and crafts, spirits and treats before the holidays. Bids

will be accepted from noon Oct. 15 until noon on Nov. 5. All funds go to forest protection. epic@wild-california.org. www.32auctions.com/EPICAUCTION2021. 822-7711.

Ham Radio Technician License Class.

Mondays. Virtual World, Online. The Humboldt Amateur Radio Club prepares students for the Amateur Radio Technician Class license examination. Via Zoom and in-person at the Humboldt Bay Fire Training room at 3030 L St. in Eureka. Call or email to reserve a seat. Free. ke6hec@arrl.net. www.humboldt-arc.org. 707-834-0042.

How to Get Disadvantaged Business Enterprise (DBE) Certified.

Thu., Oct. 21, 10-11 a.m. Virtual World, Online. Learn more about the certification for women- or minority-owned small businesses in the fields of transportation, construction or A&E. Free. info@norcalptac.org. www.eventbrite.com/e/how-to-get-disadvantaged-business-enterprise-dbe-certified-registration-173095121167. 707-267-7561.

Live from Behind the Redwood Curtain.

Ongoing, 3-3:30 p.m. Virtual World, Online. California State Parks' North Coast Redwoods District is broadcasting programs featuring tall trees and rugged seas from state parks via Facebook. Free. www.facebook.com/NorthCoastRedwoods.

MARZ Project. Tuesdays-Fridays, 12-5 p.m. Virtual World, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. 442-8413.

Pumpkin Carving Contest. Virtual World, Online. Voting for the contest runs from Oct. 15 to Oct. 30. Winners will be chosen by the number of "likes" their image receives on Clarke Museum Facebook page. Winners will

be announced on Oct. 31. \$5-\$15 per entry suggested donation. dana.f@clarkemuseum.org. www.clarkemuseum.org/events.html. 707 443-1947.

Redwood Coast Region Economic Development Summit. Thu., Oct. 21 and Fri., Oct. 22. Virtual World, Online. Join business owners, economic development professionals and emerging leaders throughout Del Norte, Humboldt and Mendocino Counties for conversations on cultivating a thriving economy in the Redwood Coast Region. Register online. \$75. www.page-builder.hopin.com/events.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation

CONTINUED ON NEXT PAGE →

MY NAME IS MYERS

Mixed Breed male puppy, 10 months old and 43 pounds.



MY NAME IS FLORA

8 months old, spayed female, domestic short hair, calico.



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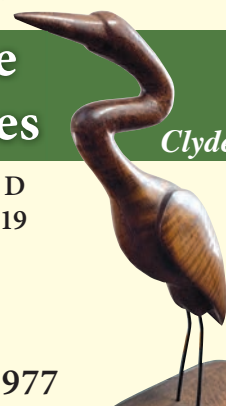
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Calendar

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with the Sista Prayer Warriors from 10:45 a.m.

Trick or Eat: Veggify Your Friends. Virtual World, Online. Celebrate Halloween with Food for People by donating and sending friends spooky lawn decorations like Franken-carrot, Mummy Pear and more. Kids can enter a Count Brocc-ula coloring competition for a chance at prizes from Wildberries Marketplace. Proceeds help rebuild Food for People. Sign up online. \$25-\$200. crobbs@foodforpeople.org. www.foodforpeople.org. 707-599-0855.

U.S. Capitol Christmas Tree Harvest Ceremony. Sun., Oct. 24, 10 a.m. Virtual World, Online. Virtual harvest ceremony with a blessing by the Lassic Band of Wylacki-Winton Family Group Inc. and remarks by USDA Forest Service leadership, local elected officials, project partners and the local youth tree lighter. View on the Six Rivers National Forest Facebook page. Free. www.facebook.com/SixRiversNF.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Online. For BIPOC families. See www.facebook.com/HC-Black-Music-Arts-Association-104727504645663 for more information. hblackmusicn-arts@gmail.com.

Virtual Junior Rangers. Thursdays, 11:30 a.m. Virtual World, Online. North Coast Redwoods District of California State Parks offers kids' programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges. Register online and watch live. www.bit.ly/NCRDVirtualJuniorRanger.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@

foodforpeople.org. www.foodforpeople.org/volunteering. 707-445-3166 x310.

Curry County

ARTS & CULTURE

Creature from the Black Lagoon. Sat., Oct. 30, 8:30 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Outdoor movie. Free.

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Halloween Drive Thru. Sun., Oct. 31, 1-4 p.m. Brookings Elks Lodge, 800 Elk Drive. Music and treats provided. Free.

Parking Lot Pumpkin Carving. Sat., Oct. 30, 5:30-6:30 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Family-friendly pumpkin carving event. Registration is required so there are enough pumpkins and tools for everyone. Register by calling 541-247-7246. Costumes are optional. Please bring jackets as this will be an outdoor event. Rain may cancel.

Del Norte County

LIFESTYLE & COMMUNITY

Halloween Drive Thru Trick or Treat. Sat., Oct. 30, 1:30-2:30 p.m. Del Norte County Library, 190 Price Mall, Crescent City. Drive by for a Halloween treat bag full of goodies for the little ghosts and goblins of our community (while supplies lasts; limit five bags per vehicle). For everyone's safety, please stay inside your vehicle. Free.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road,

Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

U.S. Capitol Christmas Tree Community

Celebration. Fri., Oct. 29, 9 a.m.-noon. Crescent City Cultural Center, 1001 Front Street. The first stop on the Capitol Christmas Tree Whistlestop Tour. View the tree, sign the banner and enjoy performances by the Del Norte High School band the Madrigats and other activities. The celebration will be both a Christmas- and Halloween-themed event and costumes are encouraged. Free. 707-490-9177.

Humboldt County

ARTS & CULTURE

Art Hike Adventure Tour: Victorian Village. Fridays, 9 a.m. Ferndale Main Street, Ferndale. Join Margaret Kellermann on a walking art workshop through Ferndale with some history and architecture. All levels of artists, ages 10-17 must be accompanied by adult. Tickets online. \$40. www.ferndalemusiccompany.com. 707-786-7030.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

HSU Faculty Artist Series Concert. Sat., Oct. 23, 7-9 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. Live classical music from HSU music faculty. Livestream available. Repertoire for string quartet and strings and piano will include jazz and folk-inspired works by mostly contemporary composers. \$15, \$5 kids 12-18, \$5 HSU students with ID, \$7 livestream. mus@humboldt.edu. music.humboldt.edu/upcoming. 707-826-3566.

S!CK!CK. Sat., Oct. 30, 9 p.m. Arcata Theatre Lounge, 1036 G St. Booty Shakin' Music Presents: Sickick

with DJ Leo, DJ M, D'Vinity, Esch and Pressure. Doors 9 p.m. 21+. \$50. www.arcatatheatre.com.

Trinidad Art Nights. Sat., Oct. 30, 6-9 p.m. Trinidad, Downtown. A town-wide event including many venues, galleries, wine tasting, outdoor music, live art, fire dancing, kids activities and various performances throughout the night. Free.

LIFESTYLE & COMMUNITY

A Haunted Humboldt Hike. Oct. 29-30, 6:30-10:30 p.m. Kimber Farms, 3331 North Bank Road, McKinleyville. Hike through an old barn and along a trail uphill into the dark forest. The trail is wide and not too steep. Be ready for spooks and scares. Wear sensible, close-toed shoes. Dress for the weather. Carpooling encouraged. For ages 16+. \$10. www.facebook.com/events/1055087058589978.

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MY NAME IS SASHA

Yorkshire Terrier Mix. Senior Female Small.



MY NAME IS SABRINA

Domestic Short Hair.
Young Female Medium.



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Calendar

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Arcata Marsh Tour. Sat., Oct. 23, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Barbara Reisman in front of the Interpretive Center on South G Street for a 90-minute walk focusing on plants and/or Marsh ecology. Bring a mask to comply with current COVID rules. Free. 707-826-2359.

Arcata Marsh Tour. Sat., Oct. 30, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Lynn Jones in front of the Interpretive Center on South G Street for a 90-minute pre-Halloween walk focusing on Marsh history and geology. Bring a mask to comply with current COVID rules. Free. 707-826-2359.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Every Saturday Humboldt County farmers bring their non-GMO bounty, rain or shine. EBT accepted and Market Match is offered. Information and COVID rules online. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 707-441-9999.

Audubon Guided Bird Walk. Sat., Oct. 23, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Larry Karsteadt at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 guidelines online. Text or email with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. 707-499-1247.

Audubon Guided Bird Walk. Sat., Oct. 30, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Celebrate Halloween in costume. Meet leader Janelle Chojnacki at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 guidelines online. Text or email with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. [rras.org/home.aspx](http://www.rras.org/home.aspx). 707-499-1247.

Boo at the Zoo. Sun., Oct. 31, 12-4 p.m. Sequoia Park Zoo, 3414 W St., Eureka. Stop by sponsored conservation-minded candy stations starting at noon while supplies last. www.sequoiaparkzoo.net.

Day of Dead - Festival of Altars. Tue., Nov. 2, 4-8 p.m. Old Town Gazebo, Second and F streets, Eureka. A sacred ceremonial event celebrating our ancestors.

Drive Through Trick or Treat. Sun., Oct. 31, 5-6:30 p.m. First Covenant Church Eureka, 2526 J St. Drive through costumed scenes, vote for your favorite at the end and receive a candy bag. From 5 p.m. until 6:30 p.m. or whenever they run out of candy bags.

Drive-By Trick-or-Treat. Sun., Oct. 31, 3-5 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Drive up to the Grange hall and all the kiddos get a bag of candy and treats. Free. www.facebook.com/humboldt.grange.

Drive-Thru Tri-Tip Dinner Fundraiser. Fri., Oct. 22, 4:30-6 p.m. Faith Center Foursquare Church, 1032 Bay St., Eureka. Dinner includes local beef barbecue tri-tip, baked potato, salad, roll and dessert. Veggie option available. Tickets can be purchased at all Coast Central Credit Union Branches, Bailey Mortgage (Arcata), Dream Automotive (Eureka) and Sequoia Gas (Arcata). \$25.

Fire Relief Donation Drive. Thursdays, 2-5 p.m. Arcata Veterans Hall, 1425 J St. Updated list of needs and a monetary donation site online. legionprograms@gmail.com. www.battlenhomefronts.org. 707-610-6619.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. Fortuna Main Street, Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free. www.northcoastgrowersassociation.org/. 441-9999.

Free Produce Market. Thu., Oct. 28, 11 a.m.-1 p.m. Bayshore Mall, 3300 Broadway, Eureka. Fresh fruits and vegetables for income-eligible people.

Bring your own reusable bags. Drive-thru only. Please wear a mask at the distribution. Eligibility information online. www.foodforpeople.org.

Frybread Love Pickup Dinner Fundraiser. Fri., Oct. 22, 3-6 p.m. Clarke Historical Museum, Third and E streets, Eureka. Celebrate Indigenous Peoples' Month with Indian Tacos. Pay online early or day of. Part of the sales will benefit the museum and renovations to Nealis Hall. Meat and vegetarian options available. \$15. admin@clarkemuseum.org. www.clarkemuseum.org/frybread-love.html. 707-443-1947.

Halloween Double Feature: *Young Frankenstein* (1974) & *The Rocky Horror Picture Show* (1975). Sun., Oct. 31, 5 p.m. Arcata Theatre Lounge, 1036 G St. Doors/pre-show at 5 p.m. *Young Frankenstein* at 6 p.m. 30-minute intermission. *The Rocky Horror Picture Show* at 8:15 p.m. \$16, or \$8 each film. www.arcatatheatre.com.

Halloween Fairy's Plaza Party. Sun., Oct. 31, 11 a.m.-4 p.m. Arcata Plaza, Ninth and G streets. Shoshanna hosts a party with local artist vendors, school fundraisers, music by The Dead Drops and others, a Halloween belly dance show, trick-or-treating on the plaza and around the downtown area, and other family-friendly activities. Wear a mask and costume! Free. arcatamainstreet@gmail.com. 707-822-4500.

Halloween Masquerade Ball. Sat., Oct. 30, 7 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Music by Hot Buttered Rum, Twango and The Absynth Quartet. Costume contests, full bar and Halloween treats for purchase. Proof of vaccinations or a negative COVID test within 24 hours of the event required. COVID tests available at the event for a fee. Incorporate your required mask into your costume if possible. \$30, \$25 advance. www.mateel.org.

Halloween Sunday Art Market. Sun., Oct. 24, 11 a.m.-4 p.m. Arcata Plaza, Ninth

and G streets. A special spooky edition of the Sunday Art Market with music, local artists and fun.

HallowQueen. Fri., Oct. 29, 9 p.m. Arcata Theatre Lounge, 1036 G St. Queen tribute by The Undercovers. Costume contest. Doors at 9 p.m. COVID-19 rules and regulations enforced. Masks required at all times unless actively eating or drinking at your table. \$20 advance, \$15 limited advance. www.arcatatheatre.com.

Haunted Forest Humboldt. Sat., Oct. 30, 9 p.m. Forever Found, 109 Fifth St., Eureka. With Charlesthfirst, Opiuo, Khiva and more. A Food for People fundraiser. Tickets available at <https://linktr.ee/foreverfound>.

Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. Live music every week. www.northcoastgrowersassociation.org/. 441-9999.

Huddie's Harvest Pumpkin Patch. Wednesdays-Sundays, 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. Pumpkin patch, corn maze, farm stand.

Humboldt History Symposium. Sat., Oct. 23 and Sun., Oct. 24. Wharfinger Building, 1 Marina Way, Eureka. www.humboldthistory.org.

Leonardi Pumpkin Patch. 12-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. Open now for pumpkin hunting.

Minnesota - Halloween Circus of Freaks & Oddities. Fri., Oct. 29, 9 p.m. Forever Found, 109 Fifth St., Eureka. With support from Eye-Re-Eyes, Eternalize and Ezekeal Zion. Get tickets at www.aftontickets.com/Minnesota.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Featuring local farmers and crafters. Non-GMO produce. EBT

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Calendar

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accepted and Market Match is offered. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 707-441-9999.

Monster Truck Racing. Fri., Oct. 29, 7 p.m. and Sat., Oct. 30, 7 p.m. Redwood Acres Racetrack, 3750 Harris St., Eureka. Rock Star, California Kid, Identity Theft, Spitfire and Power House battle. Identity Theft the Ride will be giving rides. Plus, MEGASaurus, a 30-foot tall car eating, fire breathing, transforming dinosaur. Gates at 4:30 p.m. Pit Party at 5 p.m. \$20, \$10 kids.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. GMO-free produce, humanely raised meats, pastured eggs, plant starts and more. Live music weekly and CalFresh EBT cards accepted. Free. www.northcoastgrowersassociation.org.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. Open weekdays Noon-6 p.m. and weekends 10 a.m.-6 p.m.

Rohner Park Spook-A-Thon. Sun., Oct. 31, 3-5 p.m. Rohner Park, 5 Park St., Fortuna. An outdoor, carnival-style celebration geared towards youth ages 10 and under, featuring games, a photo stop with a costume contest, vendors with resources for families and goodies for the kids, a pumpkin-carving contest and more. Free. www.friendlyfortuna.com.

Scream-A-Torium Haunted House. Fridays, Saturdays, 6-11:30 p.m., Sun., Oct. 24, 11:30 a.m.-6 p.m. and Sun., Oct. 31, 11:30 a.m.-11:30 p.m. Antique Depot, 1122 Main St, Fortuna. Day and night walkthroughs, one scary and one for the younger kids/families. Tickets online. Griffin Loch's Scream-A-Torium encourages guests be fully vaccinated and/or obtain a negative COVID-19 test result prior to visiting. Masks and temperature check required. \$20, \$10 child night-time tours, \$10, \$5 daytime tours. www.screamatoriumhaunt.com.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. This sea town's farmers market provides fresh, non-GMO produce and locally made crafts. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 707-441-9999.

SpookTacular Cabaret. Sun., Oct. 31, 7-9 p.m. Outside of Arcata Playhouse, 1251 9th st. Live music by The Left Fields. Hosted by Megan D'Arcy. Comedy by Melissa Gordon. Burlesque and drag by Felix Flex, Vivienne Vidette, Miss Leading, Amber Lust, Spooky Spice and Gino Gigglio. Costumes encouraged. Horror characters around the grass in front of the Pub from 4-6 p.m. \$10-\$15 sliding. facebook.com/events/s/spooktacular-cabaret/1566673503679854/.

Spooky Trails. Oct. 29-30, 7-9 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Tours every 15 minutes guided by Apprentice Entertainment from the Arcata Playhouse. Includes five outdoor stages. Also featuring the Dell'Arte alumni Sleeper Theater, Outer Space and a performance from *The Rocky Horror Picture Show*. \$40, \$30 advance. sociable@humboldt-social.com. www.humboldt-baysocialclub.com/-events/spookytrails. 707-502-8544.

The Big Chili Cook Off Week. Oct. 29-Nov. 5. Countywide, Locations throughout Humboldt County, Humboldt. Local chefs and restaurants serve up chili to support local youth. All proceeds benefit Big Brothers Big Sisters of the North Coast. Share your chili pics on social media, because you are the judges. Virtual silent auction, live tastings and pop-up drive thru dishes from local chefs.

The Pumpkin Patch at Mad River Road. Tuesdays-Fridays, 1-6 p.m. and Saturdays, Sundays, 10 a.m.-6 p.m. The Pumpkin Patch at Mad River Road, 1171 Mad River Rd, Arcata. Six acres of pumpkins and some corn at the Pifferini Ranch — a community tradition for more than 30 years.

Trick or Treat at the Tap Room. Fri., Oct. 29, 4-8 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Handing out candy to monsters, ghouls, superheroes and creatures of every kind for some early Halloween festivities outside the Tap Room. Free. fb.me/e/5B7XkJCvX. 707-668-4151.

Trinidad Coastal Ambassador Training. Tue., Oct. 19, 6-7:30 p.m. and Sat., Oct. 30, 9 a.m.-12:30 p.m. Trinidad Coastal Land Trust, 380 Janis Court. This three-week program combines hands-on training, Zoom sessions and field trips to coastal properties to prepare for leadership roles in coastal conservation. Free. michelle@trinidadcoastallandtrust.org. www.trinidadcoastallandtrust.org.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

Trunk or Treat for Kids & Pets. Sat., Oct. 30, 12:30-3:30 p.m. Sequoia Humane Society, 6073 Loma Ave., Eureka. Coloring books and sealed treats for children and friendly dogs until 3:30 p.m. or while supplies last. Costumes encouraged. Social distancing and masking required for age 2 and up.

Trunk Or Treat. Fri., Oct. 29, 3-5 p.m. Fortuna Main Street, Main Street. Join Fortuna Downtown Business Association for candy on the spookiest main street around.

U.S. Capitol Christmas Tree Celebration. Sat., Oct. 30, 10 a.m.-noon. Willow Creek Library, State routes 299 and 96. Watch the Bigfoot Parade lead the tree into town then enjoy speakers, a pumpkin carving contest, best business decoration contest and raffle, music, treats and more. Free.

U.S. Capitol Christmas Tree Viewing. Fri., Oct. 29, 4:30-6 p.m. Madaket Plaza, Foot of C Street, Eureka. View the tree in the gravel lot adjacent to Madaket Plaza. Hot cocoa and cider will be served. Homemade ornament kits will be given to take home. Free.

U.S. Capitol Christmas Tree Viewing. Sat., Oct. 30, 4-6 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. See the Six Rivers National Forest tree that was selected to be the 2021 U.S. Capitol Christmas Tree. Free.

Victorian Village Halloween. Fri., Oct. 29, 5-8 p.m. Ferndale Main Street, Ferndale. Family-friendly evening of storytelling, music, book signings, candy, shopping and more.

Welcome Home, Golden Rule Peace Boat. Sun., Oct. 24, 1-5 p.m. Wharfinger Building, 1 Marina Way, Eureka. The peace boat will be open and at 2 p.m. project manager Helen Jaccard will give an update. The Raging Grannies and a Taiko drummer will perform. Wear a mask when not eating or drinking and respect social distancing guidelines. Free. vfpgoldenruleproject@gmail.com. www.vfpgoldenruleproject.org/?p=51681. 206-992-6364.

CONTINUED ON NEXT PAGE →



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NCJ

FLASH
FICTION

2021

Well, that went by fast. It's already time again for the annual *North Coast Journal* Flash Fiction Contest, so get typing. Make your original stories **99 words or fewer** (like this announcement), not including the title, for a chance to see your work of genius and brevity in the *Journal*. **Email up to three entries as attachments or in the body of your email** (no PDFs, please) **to fiction@northcoastjournal.com with your full name and contact information** (sorry, we don't do pen names) **by 5 p.m. on Monday, Nov. 8.** The judges' favorites will be published in December. Don't procrastinate.

Calendar

← CONTINUED FROM PREVIOUS PAGE

Trinity County

LIFESTYLE & COMMUNITY

Junction City Fire Jills Halloween Bake Sale. Fri., Oct. 29, 9 a.m.-noon. Junction City Park, Junction City. In front of the Junction City Store. Fundraiser for the Junction City VFD.

ARTS & CULTURE

Neil Diamond Night at TAPAC. Sat., Oct. 23, 7:30 p.m. Trinity Alps Performing Arts Center, 101 Arbuckle Ct., Weaverville. A tribute by Jack Powell. Tickets available soon at www.tapaonline.org. \$25. www.tapaonline.org/.

LIFESTYLE & COMMUNITY

Halloween Candy Give Away. Sun., Oct. 31, 5:30-7 p.m. Historic Downtown Weaverville, Weaverville. See all the fun costumes and get candy from local merchants. The Weaverville Chamber will be sponsoring the annual Halloween fun drive-by at the Lee Family Ranch House on Lorenz Road.

Weaverville Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Fresh fruit and veggies. In the Highland Art Center meadow. www.highlandartcenter.org.

Weaverville Witches Brigade. Sat., Oct. 23, 2 p.m. Trinity County Library, 351 Main St., Weaverville. Wicked ride through town. Witches assemble with bikes at 1:30 p.m. at the Trinity County Library. With passport, participating businesses offer tricks and treats from the library down to Tangle Blue Saloon.

Mendocino County

ARTS & CULTURE

The Car Bombing of Judi Bari: A Community Remembers. Saturdays. Mendocino County Museum, 400 East Commercial St., Willits. The Mendocino County Museum will exhibit artifacts from its permanent collection and the private collection of Darryl Cherney that document the life of renowned activist Judi Bari. www.mendocinocounty.org/museum.

LIFESTYLE & COMMUNITY

Drive-Thru Trick-or-Treat. Sun., Oct. 31, 5:30 p.m. Grace Lutheran Church, 200 Wabash Ave., Ukiah. Have a happy and safe Halloween. Free goodies while supplies last.

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-

hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Silent Disco in the Haunted Wine

Cave. Sat., Oct. 23, 4-8 p.m. Saracina Vineyards, 11684 U.S. Highway 101, Hopland. Monster Mash your way through this haunted wine cave for a spellbinding wine flight followed by a dance party under the stars. 21+. \$50. www.visitmendocino.com/event/silent-disco-in-the-haunted-wine-cave/.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

Northshore Fall Festival. Sat., Oct. 23, 11 a.m.-3 p.m. Main Street, Upper Lake, Upper Lake. Barbecue, beer, live music, arts and crafts for the kids, raffle, vendors, costume contest. Free. ♦

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 Medium #7

				2	6	5	
7	8	6				4	
3			6			1	
9			4	8	2		
		8	7	1			5
	7			9			3
	4				9	8	7
	9	3	5				

www.sudoku.com

HOME COUNTRY

By Slim Randles



You have to know Bert really well before he'll share his secret with you, but if he does, it's as though he's revealed the reason for life and sunshine and the main reason our dogs think we're smart.

Oh, Bert gets down in the dumps just like the rest of us, but he has discovered a way to jerk himself out of the bar ditch by his own belt loops, and he finally broke down and explained how he could remain so cheerful during a year and a half of basic house arrest during the pandemic.

He looked up from his coffee and whispered, "mail order madness."

What?

"What you do is buy stupid stuff. Cheap stuff. Maybe even stuff you'll never use, but maybe it's a pleasant color, or lead you to daydreams where you become dang near adequate."

"For example?" asked Doc.

"Okay," Bert said, "ask yourself this ... what's the very best part of ordering something through the mail?"

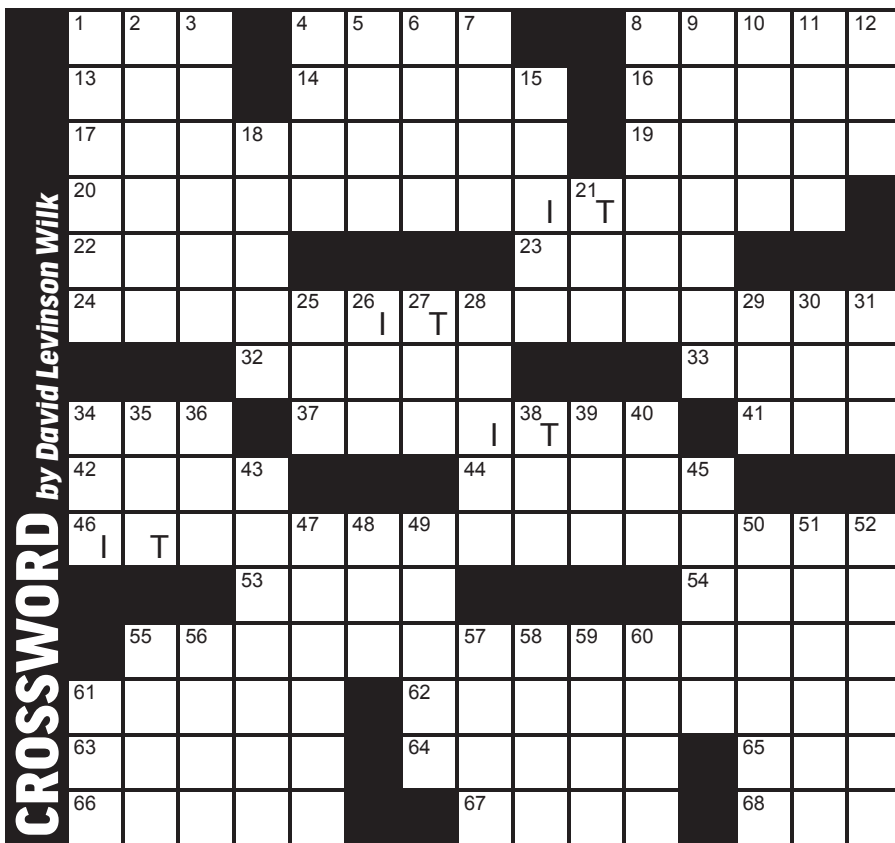
Our mouths still hung open.

"Anticipation," Bert said. "I love it. You can do it with a computer, or just send off for a catalog. The simplest way to get anticipation kinda mail is to get those catalogues. List your address and name, of course, but it doesn't hurt to add the title 'Purchasing Coordinator' below your name.

"Then you add a note telling the catalog folks not to give your name out to anyone else or little old ladies will pull out their whiskers, one at a time. It doesn't hurt to add that the chairman of the board mustn't find out what has been ordered. Then be sure the item you order is really cheap and makes no earthly sense at all. Hey, why waste money? Think porcelain frog soap dish here.

"This will immediately start a flood of catalogs coming your way. You have now broken once and for all the evil shadow of boredom. Besides, you know you've secretly wanted a porcelain frog soap dish anyway." ♦

Pick up Home Country: Drama, dreams and laughter from the American heartland at www.lpdpress.com.



IT WRITES — Answers in the next edition

ACROSS

1. Yank's foe
4. Green machines
8. Second-string players
13. 52 semanas
14. Long, easy strides
16. Resistance-related
17. Occasion during which Barack and Michelle saw "Do the Right Thing"
19. Crosswords have them
20. 1997 Jack Nicholson movie with a script so simple ... 55-Across!
22. Director Kazan
23. Cabbage often baked into chips
24. 1950s-60s TV show with scripts so simple ... 55-Across!
32. Church official
33. Greedy cry
34. Part of "otoh"
37. 1970 hit song with lyrics so simple ... 55-Across!
41. Day care break
42. Development site?
44. Nary a soul
46. 1996 bestseller with a message so simple ... 55-Across!
53. Bilingual TV cartoon character
54. 1052, to Caesar
55. "The process of putting this down on paper feels effortless!" (or what's going on in 17-, 24-, 37-

and 46-Across)

61. Shaggy's dog, to Shaggy
62. It was initially called "Chemgrass"
63. ___ Haute, Indiana
64. He received 2.8 million votes in 2000
65. Part of Italy where Cape Spartivento is
66. Tennis great Ivan
67. "If you prick ___ we not bleed?": Shakespeare
68. One of four in Massachusetts: Abbr.

DOWN

1. Tennis great Nadal
2. Maroon
3. Enemy of a Medici
4. ___ clarinet
5. Sondheim's Sweeney
6. Org. that watches closely for brief nudity
7. Collections
8. "The 3-minute word search game"
9. Time in New York when it's midnight in Los Angeles
10. Discharge
11. Gives a helping hand
12. Mike holders
15. Brand name that's Japanese for "precision"
18. Dry Italian wine
21. Key beside Q
25. Pipe shape
26. Suffix with ox- or sulf-

27. Vietnamese holiday
28. "Told Y'all" rapper
29. Fashion's Diane ___ Furstenberg
30. Big factor in the Cy Young Award
31. Member of the House, for short
34. Prefix with night or light
35. ___ mess
36. Lifesaver's initials.
38. "Mazel ___!"
39. Avril Lavigne's "Sk8er ___"
40. Make bigger: Abbr.
43. Any part of "I&\$@*#!"

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45. Horror film locale: Abbr.
47. Moët & Chandon rival
48. "___ tu" (Verdi aria)
49. "Damn Yankees" villain
50. Native Alaskans
51. "Michael Clayton" director Tony
52. French engineer Gustave
55. Frozen drink brand
56. Of two minds
57. One of Isaac's twins
58. The EPA issues them: Abbr.
59. Wrathful
60. Chant at a bullfight
61. Mo. town

LAST WEEK'S ANSWERS TO IN SEASON



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HONDA